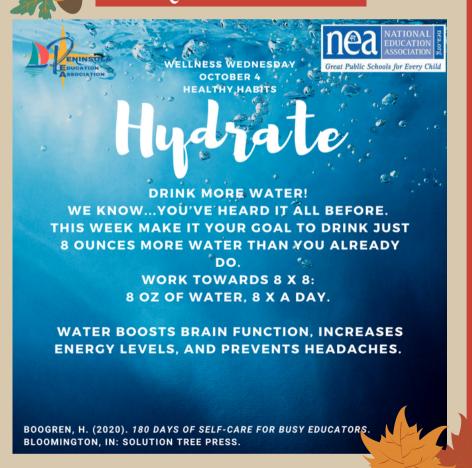
WELLNESS WEDNESDAY OCTOBER THEME: HEALTHY HABITS



This month we will be focusing on HEALTHY HABITS. Exploring ways to create healthier habits can improve our personal lives and our work. When we consider what healthy habits we may want to adopt it is helpful to consider which areas of the wellness wheel would benefit most from your attention.



QUICKTIP



Important Dates

Staff Flu Vaccine Clinics
November 3 from 2:30–5:00 at
the ESC

Gig Harbor Primary Care will be administering staff flu vaccines on II/3/23. This vaccination clinic is offered to all staff as a service to our community and is strictly voluntary. Your health insurance will be billed by the clinic.

'Sign up here for the vaccinations.

COVID vaccines are available through your health care provider and/or local pharmacies.